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Housekeepers' Chat.

Monday, October 8, 1928.

NOT FOR PUBLICATION

Subject: "Care of Milk in the Home." Program includes a brief discussion of vitamins, and a menu. Approved by Bureau of Home Economics, U. S. D. A.

Bulletins available: Aunt Sammy's Radio Record; Aunt Sammy's Radio Recipes .
Homemade Fruit Butters.

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One day last month I heard a talk given by Dr. Paul B. Brooks, Deputy State Commissioner of Health, New York, on "The Housewife and the Milk Bottle." According to Doctor Brooks, the milkman is often accused of selling poor milk, when the fault lies with the housewife, who leaves the bottle standing in the hot sun, instead of putting it in the refrigerator immediately.

"Recently," said Doctor Brooks, "a party of us crossed the Atlantic to attend the World's Dairy Congress, and the crossing took a week each way. The milk that was served on the ship's table on the seventh day tasted as good as that served on the first. We visited the storerooms and found that it was kept constantly packed in ice. If the housewife will take the bottle of milk, fresh, clean and cold, and put it immediately, unopened, in the refrigerator, it should keep for days. The bacteria which cause spoilage do not multiply at low temperature. At ordinary front-porch temperature, they multiply 'by leaps and bounds' and the milk is soon sour.

"It is no wonder that it exasperates the milkman, who has taken pains to deliver the milk cold, and in good condition, to go by the customer's house later, when the sun has gotten around to the front porch, and see it still there. He feels that his effort has been wasted and he anticipates that some morning he will be met with the query, 'What's the matter with your milk? It won't keep.'

"Sometimes that is not the worst of it. The bottle, by this time opened, may stand on the kitchen table, affording a roosting place for flies, until the breakfast dishes are done; then it is nearly time to fix the baby's bottle, and it is set on the pantry shelf in the meantime. By the time the baby gets it every individual bacterium has raised a family. When the doctor comes to treat the baby for indigestion a few days later, he says, 'Bad milk!' and mother says, 'Aha! I knew it. I must change my milkman.'

"In winter the problem is less serious. The milk is at least cold while it is standing outside, but it may freeze and force the cap out. Then, too, the freezing affects the fat globules, and although all the cream is really there, it does not all come to the top. Again the milkman may be suspected.

"Much as we sympathize with the milkman, our mission in this talk is not to defend him, but is primarily in the interest of the consumers of milk--particularly the children who are consumers of milk and are most susceptible to its effects when it is bad or spoiled.

"This, in a nutshell, is our advice: Select the milkman who has the cleanest and best milk; take the milk in, if possible, as soon as it is delivered, and put it in the refrigerator, or in the coldest place available. If it cannot be taken in immediately, equip the front porch with an insulated box which will act as a thermos bottle, protecting the milk from changes in temperature. Such boxes are on the market, or an ingenious person can make one. Be just as particular in handling milk as you want the milkman to be. Keep a clean cover on the bottle. When it is empty, wash and rinse it. The milkman will have to wash it again but his job will be easier," concluded Doctor Brooks.

After hearing Doctor Brooks' lecture, I took particular notice of the milk bottles left on front porches, in the sunshine. In my own neighborhood, I counted three bottles, late one morning, on three different porches, which leads me to believe that Doctor Brooks is correct in his statement that the milkman is often accused of selling poor milk, when the fault lies with the housewife. We'll have to mend our ways, if we don't want to be talked about in public.

Well, I've put off answering questions as long as I could. Just between you and me, I'd rather talk about something besides vitamins. But what are you going to do, when you get a letter like this:

"Dear Aunt Sammy: I wish you'd explain, in simple terms, what vitamins are, and why they occupy such an important place in the affections of nutrition workers."

I'll do the best I can. I'll tell what I know about vitamins, and then I'll broadcast a good dinner.

Let's see -- where shall I start? The first thing that occurs to me is a foolish little jingle which goes like this:

"I've never seen a vitameen,
I never hope to see one;
But I can tell you, anyhow,
I'd rather see, than be one."

But dear me, that's not answering the lady's question. Maybe she is all ready to write notes on vitamins, and she'll be provoked at me if I don't give her a sensible answer. Let's begin with a definition of vitamins:

Vitamins are substances of unknown composition, which exist in very small quantities, in a variety of foods. Vitamins are absolutely necessary for normal health, and growth, and for protection from certain diseases. The vitamins that we know most about are called A, B, C, D, and E. You can't claim to be an up-to-date housewife, unless you know your vitamins--the ABC's of the food primer.

Vitamin A is found in butter, whole milk, yolk of egg, green-leaf vegetables, codliver oil, and liver. Both children and grown-ups need Vitamin A, in liberal proportions. People who do not have an adequate supply of Vitamin A, may become susceptible to colds, and to bronchial and lung troubles. Remember that Vitamin A is in milk, butter, eggs, green-leaf vegetables, codliver oil, and liver.

The best sources of Vitamin B are tuber and root vegetables, leafy vegetables, milk, fruits, cereal grains, yeast, nuts and glandular organs, such as liver and kidneys. Lack of Vitamin B may be responsible for loss of appetite, and lowered resistance to disease. Scientists say there is a marked relation between the amount of Vitamin B in the diet, and keenness of appetite.

Next, Vitamin C. The best sources of Vitamin C are fruits -- lemons, oranges, pineapple, raspberries, grapefruit, apples, bananas, peaches, and strawberries. Good 'Vitamin C' vegetables are tomatoes, cabbage, lettuce, and the green-leaf vegetables. You should remember this about Vitamin C -- cooking tends to decrease the Vitamin C content of food. Tomatoes, and acid fruits, are an exception to this rule. Tomatoes are an excellent source of all three vitamins -- A, B, and C -- and canned tomatoes are just as good a source, as raw tomatoes. Now, since cooking tends to decrease the Vitamin C content of most foods, we cook foods rapidly, instead of slowly. We use as little water as possible, and save the water for gravies, sauces, and so forth. To be sure we are on the safe side, we serve raw fruits and vegetables, frequently.

There are at least two other vitamins -- D and E, but from the standpoint of practical nutrition, the important vitamins are A, B, and C."

The main thing to remember about vitamins is this: They are necessary for normal growth, and normal health. Vitamins are widely distributed, in natural food products. Therefore, you needn't worry about your family getting its share of vitamin requirements, if you have a well-planned diet. A well-planned diet includes plenty of milk, eggs, fruits, tomatoes, and green-leaf vegetables.

I'll show you how easy it is, to plan a vitamin-ny meal. Take your Radio Records, please, turn to October Menus," and write the fourth dinner menu: Liver and Bacon; Baked Sweet Potatoes; Buttered Cabbage; Sliced Raw Tomatoes; Whole Wheat Bread and Butter; and Baked Apples and Cream.

In case you don't know how to cook Liver and Bacon, turn to your Radio Cookbook, page 31, and you'll learn how. And please don't forget that the cabbage is to be cooked quickly. It isn't good for a vitamin to be cooked a long time.

Now I think that's all for -- no, here's another question. Somebody wants directions for making apple butter, and plum butter. I'll send you the free bulletin called "Homemade Fruit Butters." Is that fair enough?

Tomorrow -- well, tomorrow's wash day at our house, and I doubt whether we'll have much of a dinner. Maybe I'll have to depend on my listeners for recipe suggestions tomorrow.

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